



In your pile of papers,

this is the easiest decision to make at work today.

Corporate Challenge

Six Week Fitness and Nutrition Overhaul

- Moderate, supervised fitness program for all levels. Includes three sessions with personal trainer, and individualized fitness program to be carried out on own time, at BAC or home!
- At-home workout DVD – choice of Slim in 6 or Power 90 by BeachBody
- Team-building with your co-workers and spouses.
- Five optional group workouts at BAC Sunday's at 5:00 pm.
- Safe, sensible nutritional plan.
- Accountability built in with food and exercise journaling, plus frequent team emails!
- **PROVEN** success with Omni Metalcraft, *The Alpena News*, HPC Credit Union and Panel Processing Inc., The Alpena County Library, Alcona Community Schools, Clients of ESI, Ella White School, and Besser Elementary.

Get results.

Recent Success Stories

- Malynda lost 16 lbs and 10 inches.
- Jennifer lost 15.5 lbs and 13.5 inches.
- Mike lost 23.7 lbs. and 17.75 inches
- Teresa lost 19.25 lbs and 14.25 inches.
- Lynn lost 26 lbs and 20 inches.
- Mike lost 24.6 lbs and 15.75 inches.
- Jewel lost 22 lbs and 10 inches
- Sherry lost 18 lbs. and 14 inches.



Current Participants include:

- AMA ESD
- MDOT
- NEMCSA
- TBJHS
- ARMC Cancer Center
- *The Alpena News*



Sign up today: 989.356.5600
Kelly@BayAthleticClub.com
www.BayAthleticClub.com

Biggest loser of percentage of body weight wins:
BAC Boot Camp or One Month Membership
Corporate Challenge Cost:
\$95.00/115.00 for members/non-members
Minimum participation of 8 employees and/or spouses



**Bay Athletic Club
Corporate Challenge**

Get tough. Get results.

Bay Athletic Club “Corporate Challenge”

www.BayAthleticClub.com

**Six Weeks. Get Tough. Get Results.
Call today to check for available start date!**

989-356-5600

Group workouts (optional) meet 5 pm Sunday

Cost: \$95.00/115.00 members/non-members

Name:

Age:

Phone:

Email:

Reasons for Wanting to Join?

Specific Fitness/Weight Loss Goals?

How did you hear about it?

List any physical limitations, injuries, recent surgeries or existing health conditions (i.e. asthma, arthritis, low back pain, strained muscles, sprains or fractures).

Preferred time to meet with a trainer:

Early AM Mid-Morning Afternoon Late Afternoon Evening

Fax to: 356-8078 to drop off at BAC front desk